

The background features several clusters of small circles in pink and grey, scattered around the central text. The pink circles are more numerous and form larger, denser groups, while the grey circles are smaller and more sparsely distributed.

STEP OUT OF YOUR FEAR

LIVE YOUR LIFE IN FULL

BY KARABO JHAMBHA

Hi,

My name is Karabo and I am a perfect example of someone who let their fears control their life and for years I hid behind my fears and missed out on living the life I had always dreamed of. I finally got tired of being afraid and constantly saying 'If only...'

Now I am actively pursuing my dreams and I want you to do the same as well.

Karabo

A few years ago I found myself feeling lost and somewhat aimless. I was working, I had a good job, but it was not enough. Deep down in my heart, I knew what I wanted and I sort of knew what I needed to do, but the more I sat and did nothing the more I found myself getting more lost and confused.

I convinced myself that there was nothing I could do and became frustrated and depressed.

So I decided to write down my thoughts and emotions so I could see and get clarity and quantify what was in my mind. A lot of it was stuff I could do something about, but there was so much to do that I didn't know where to start.

As I continued writing down my thoughts, it became clear that regardless of the many 'problems' in my list, there was only one real problem. I was afraid....

I was afraid that I would fail. I had failed before and it had been so painful and hard that I did not want to experience it again.

So I bounced my ideas and plans to my friends and family to see what they thought. If they were happy, then maybe I could try, if not, I would not even bother to pursue them.

While this was a good idea, it was not a very helpful one. You see, not everyone can see things the same way that you do. A great idea to you may not be a great idea to the next person and bouncing off ideas like that may not get you very far.

I got so used to dreaming and telling people my dreams and having them listen that I stopped trying to do and became a dream/idea talker. All the while letting my fears grow.

Until I saw my ideas being implemented successfully by other people. Then the regrets came in and with it, more thoughts about how I was a failure.

I got tired of all those negative feelings and started to ask myself why I was not doing anything about my dreams and the answer was right on my front porch sipping lemonade and rocking gently on the rocking chair I had out there for it..... FEAR OF FAILURE!

So I closed my eyes and tiptoed out, but, with my eyes closed, I could not see where I was going so I tripped and fell over and over again. I was still afraid.

I got tired of being afraid and I opened my eyes and jumped!

The feeling was exhilarating and when I looked back, the FEAR had not moved, it was still there. But now I was on the other side, on my way to freedom.

"Fear defeats more people than any other one thing in the world."

Ralph Waldo Emerson

You don't have to wait for years like me before you realise that FEAR doesn't have to hold you down.

"Too many of us are not living our dreams because we are living our fears."

Les Brown

"To escape fear, you have to go through it, not around it."

Richie Norton

FEAR

Fear is a response to danger. While it prepares one for eminent danger, it is a crippling emotion. The danger may or may not happen.

Fear is meant to help you prepare for danger. It is how you respond to the fear that determines your future. You can choose to face it head on, or make a way around it, or you can choose to stay right where you are and do nothing about it.

"Fear is a powerful force that somehow does not allow many people to get what they want in life."

David Schwartz

Name your fear

Take it out of your mind so you can look at it and assess how big or how real it is.

Go on, take a piece of paper and write down what you are afraid of. Don't be shy, it cannot do anything to you. Write down exactly what you are afraid of. Take it out of your mind!

"Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free."

Jim Morrison

Fears:

False Evidence Appearing Real

Nick Vujicic

- Fear of failure
- Fear of the unknown
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Why do you think you are afraid? Don't just think about it, write it down, look at it.

- It hurts to fail

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"Your largest fear carries your greatest growth."

Picturequotes.com

If only.....

If you were not afraid, what would you do? Where would you be?

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"Everything you want is on the other side of fear."

Jack Canfield

Cancel that Fear!!!

Now that you know exactly what you are afraid of, you need to cancel it.

You have written down your fears, you have written down why you have them.

Now you need to let them go. Don't just write them down, let them go!

"Decide that you want it more than you are afraid of it."

Bill Cosby

Now Dream!!!!

Now that your fears are behind you, you need to live the life you have always dreamed of.

What are your dreams?

Go on, don't be shy, list them all down. No dream is too small or too big.

Write down all your dreams, look at them, see how real they can be. Read them daily, remind yourself daily of your dreams, never forget them.

"Do the thing you fear the most and the death of fear is certain."

Mark Twain

Dreams

- Work from home so I can spend more time with my kids

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No dream is too small or too big..... GO WILD!!!

Looking good so far but we are not done yet. Your fears are now in the past, you have your dreams written down and you are ready to live your life.

Now you need to build a bridge that will get you to your dreams. You need to make a plan to get to those dreams

A lot of people don't like writing down or setting goals. Its a reminder that you have to work harder and that you are not yet done.

You have just canceled your fears, you have nothing to lose and everything to gain.

"Always do the things your fear the most. Courage is an acquired taste, like caviar."

Erica Jong

Goals

Goals are simply the things that you want to achieve or do. If you do not know what you want to do, it will be very difficult for you to do it. Everyone needs to know their goals and have a plan to get to that goal.

"Setting goals is the first step in turning the invisible into the visible"

Tony Robbins

Goal Setting

Think of a goal as a step in a bridge. Your dreams are on the other side of the river. Your goals are the steps in the bridge that will get you to your dreams.

Lets start small. Lets set goals for this week. Don't worry, you can replicate this for your long term goals. For now, let us start small.

A goal without a plan is just a wish.

Antoine de Saint-Exuperys

Action Plan

My weekly Action Plan:

Goal: Increase sales

What: Sell 10 prints this week.

How:

- Design and print at least 15 prints. Stretch and mount on canvas
- Take photos of the prints and put pictures with prices on facebook, twitter, Instagram, Pinterest, etsy
- Tag friends and clients
- If target is not reached by Wednesday, Offer discounts to push sales

Goal: Get more exercise

What: Run 5km, Monday, Wednesday, Friday

How:

- Look for safe running routes
- Get comfortable running clothes and shoes
- Set alarm clock to wake me up early
- Sleep early the night before
- Get up when the alarm goes off and go for that run

"You are never too old to set another goal or dream a new dream..."

C.S. Lewis

Now its your turn.....

Be very specific when writing down your action plans, never leave anything to chance or write down vague goals.

Action Plan

Action:

What:

How:

Action:

What:

How:

Goal:

What:

How:

Action:

What:

How:

Now that you are fearless, you have dreams, you have goals, you have actions, you are unstoppable. Go on and live the life you have always wanted!

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."

Dale Carnegie

REMEMBER

Everything you want is on the other side of fear!